

RECIPE

Wild Cranberry Orange Muffins

Prep Time: 40 minutes; Serves 12

Ingredients:

- 2 cups all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup cranberries, drained
- 2 tablespoons freshly grated orange peel
- ½ cup pecans or walnuts, chopped
- ½ cup egg substitute
- ½ cup orange juice
- ½ cup vegetable oil

Directions:

1. Mix cranberries and orange peel and set aside.
2. In a large bowl, combine flour, sugar, baking powder, and salt.
3. In a small bowl, combine egg substitute, orange juice, and oil.
4. Add all at once to the flour mixture. Fold in cranberries and nuts.
5. Spoon batter into greased or paper-lined muffin cups.
6. Fill muffin cups about 2/3 full. Bake in a preheated 375°F oven for 25 minutes or until done.



Nutrition Facts

Serving Size: 1 muffin

Calories: 160; Carbohydrates: 29 g; Proteins: 4 g; Fat 4 g; Saturated Fat: 0 g; Dietary Fiber: 2 g; Cholesterol: 0 mg; Sodium: 100 mg